

THE VENUS WEEK™



Temperature Tracking Chart

- The Venus Week is the 5–7 days that follow the menstrual period and lead up to ovulation. During these days you will notice more sensual thoughts/dreams, more energy, clearer skin, less bloating, and an overall sense of well being. Your cervical mucous will be slippery and clear.
- Immediately after the Venus Week (following ovulation), your temperature increases about one degree and remains higher until just before your next period. Please remember to take your temperature first thing in the morning.
- This chart allows for 40 days; most women's cycles are 25–32 days. When your next menstrual period begins, **start a new chart**.

Dates covered: ___/___/___ to ___/___/___

Cycle Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40
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Menstrual Period*																																								
Sensual Thoughts or Dreams																																								
Cervical Mucus**																																								
Other***																																								

* Menstrual Period: ■ Heavy ▣ Moderate S Spotting
 ** Check when slippery/egg-white consistency
 *** Check when you experience: clearer skin, less cravings, less bloating, overall sense of well being, increased energy